

## AMENDMENT TO THE CLAIMS

*The listing of these claims will supersede all prior versions, and listings, of claims in the application.*

What is claimed is:

1-9 (Canceled)

10. (Currently Amended) A method of providing a supplement to a user comprising the steps of:

- containing an amount of a separate calcium supplement in a distribution container;
- selecting a plurality of ~~saliva~~ pH test strips; ~~that test for a calcium deficiency in a user;~~
- establishing a separate ~~saliva~~ pH test strip procedure to facilitate a user decision;
- compactly assembling said plurality of ~~saliva~~ pH test strips;
- attaching said compactly assembled plurality of ~~saliva~~ pH test strips to said distribution container;
- externally displaying the presence of said plurality of ~~saliva~~ pH test strips to potential purchasers of said calcium supplement;
- providing said amount of said separate calcium supplement to a purchaser; and
- providing said compactly assembled separate plurality of ~~saliva~~ pH test strips to said purchaser of said calcium supplement at about the time of accomplishing said step of providing said amount of said separate calcium supplement to a purchaser.

11. (Currently Amended)

A method of providing a supplement as described in claim 10 wherein said step of attaching said compactly assembled plurality of ~~saliva~~ pH test strips to said distribution container comprises the step of sealing said compactly assembled plurality of ~~saliva~~ pH test strips to said distribution container.

12. (Currently Amended)

A method of providing a supplement as described in claim 11 and further comprising the step of indicating no likelihood of tampering of said distribution container by use of a tamper-proof seal, and wherein said step of sealing said compactly assembled plurality of ~~saliva~~ pH test strips to said distribution container comprises the step of utilizing said tamper-proof seal.

13. (Original)

A method of providing a supplement as described in claim 10 wherein said step of providing said amount of said calcium supplement to a purchaser comprises the step of providing an amount of coral calcium supplement to a purchaser.

14. (Original)

A method of providing a supplement as described in claim 10 wherein said step of containing an amount of calcium supplement in a distribution container comprises the step of containing an amount of calcium supplement in a distribution container having a supplement bottle and a cap on top of said supplement bottle.

15. (Currently Amended)

A method as described in claim 14 wherein said step of attaching said compactly assembled plurality of ~~saliva~~ pH test strips to said distribution container comprises the step of attaching said test to said top of said distribution container.

16. (Original)

A method as described in claim 15 wherein said step of attaching said test to said top of said distribution container comprises the step of shrink wrap attaching said test to said top of said distribution container.

17. (Original)

A method as described in claim 14 wherein said distribution container has a tamper proof element, and wherein said step of attaching said test to said distribution container comprises the step of utilizing said tamper proof element of said distribution container.

18-42 (Canceled)

43. (Currently Amended) A supplement distribution system comprising:

- a physically separate amount of a separately ingestible calcium supplement;
- a distribution container within which said physically separate amount of said separately ingestible calcium supplement is contained; and
- a compactly assembled plurality of test strips ~~that test for a deficiency of said supplement in a user and~~ attached to said distribution container;
- wherein said compactly assembled plurality of test strips comprise a plurality of compactly assembled pH test strips to facilitate a user decision.

44-189 (Canceled)

190. (New )

A method of providing a supplement as described in claim 10 wherein said step of selecting a plurality of pH test strips comprises the step of selecting a plurality of saliva pH test strips.

191. (New)

A method of providing a supplement as described in claim 10 wherein said step of selecting a plurality of pH test strips comprises the step of selecting a plurality of urine pH test strips.

192. (New)

A method of providing a supplement as described in claim 10 wherein said step of selecting a plurality of pH test strips comprises the step of selecting a plurality of blood pH test strips.

193. (New)

A method of providing a supplement as described in claim 10 wherein said step of establishing separate pH test strip procedure to facilitate a user decision comprises the step of establishing a pH test strip indicia to facilitate a user decision.

194. (New)

A method of providing a supplement as described in claim 193 wherein said step of establishing a multiple pH test strip indicia to facilitate a user decision comprises the step of administering an amount of calcium supplement based on said pH test strip indicia.

195. (New)

A method of providing a supplement as described in claim 194 wherein said the step of administering an amount of calcium supplement based on said multiple pH test strip indicia comprises the step of administering an amount of calcium supplement based on said multiple pH test strip indicia selected from the group consisting of: an pH test strip indicia at least approximately above 7.00; an pH test strip indicia at least approximately between 6.90 to 5.10; an pH test strip indicia at least approximately below 5.0.

196. (New)

A method of providing a supplement as described in claim 194 wherein said the step of the step of administering an amount of calcium supplement based on said pH test strip indicia comprises the step of administering an amount of calcium supplement based on said pH test strip indicia selected from the group consisting of:

- administering 0 mg of calcium supplement;
- administering approximately at least 0-250 mg of calcium supplement;
- administering approximately at least 250-500 mg of calcium supplement;
- administering approximately at least 500-750 mg of calcium supplement;
- administering approximately at least 750- 1000 mg of calcium supplement;
- administering approximately at least 1000-2000 mg of calcium supplement;
- administering approximately at least 2000-3000 mg of calcium supplement;

- administering approximately at least more than 3000 mg of calcium supplement;

197. (New)

A method of providing a supplement as described in claim 10 wherein said step of establishing separate pH test strip procedure to facilitate a user decision comprises the step of establishing separate pH test strip procedure to facilitate a user decision selected from the group consisting of: establishing separate pH test strip procedure hourly to facilitate a user decision establishing separate pH test strip procedure daily to facilitate a user decision; establishing separate pH test strip procedure weekly to facilitate a user decision; establishing separate pH test strip procedure monthly to facilitate a user decision; establishing separate pH test strip procedure yearly to facilitate a user decision.

198. (New)

A method of providing a supplement as described in claim 196 wherein said step of containing an amount of a separate calcium supplement in a distribution container comprises the step of containing an amount of a separate calcium supplement in a distribution container selected from a group consisting of: elemental calcium; coral calcium; calcium carbonate; chelated calcium.

199. (New )

A method of providing a supplement as described in claim 10 wherein said step of establishing separate pH test strip procedure to facilitate a user decision comprises the steps of:

- establishing a personal user base-line;
- facilitating a user decision based on changes to and/or from said base-line;